



SUMMER

HABIT TRACKER

SMALL HABITS. BIG DIFFERENCE.



NAME: _____

MONTH: _____

 MY DAILY HABITS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
		16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	Read for 20 minutes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Drink Water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Be Active / Exercise	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Eat Healthy Food	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Practice Gratitude	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Spend Time Outdoors	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Learn Something New	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Be Kind / Help Others	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

MY GOALS THIS SUMMER



1

2

3

REWARDS



When I reach my goals,
I will reward myself with:







NOTES



PROGRESS, NOT PERFECTION!

Keep going, keep growing, have an amazing summer!

